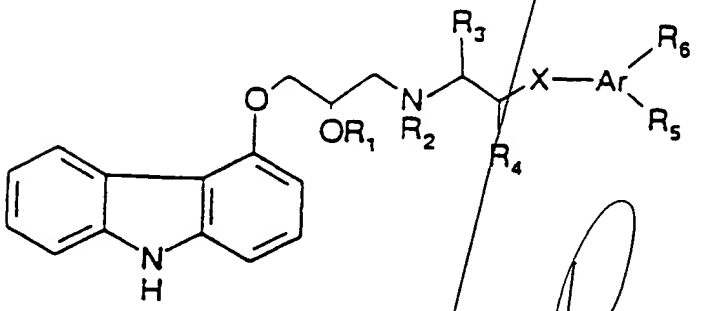
16. A method as recited in claim 15, wherein said patient is a mammal.

17. A method as recited in claim 15, further comprising administering to said patient at least one other therapeutic agent selected from the group consisting of angiotensin converting enzyme inhibitors, diuretics and cardiac glycosides.

18. A method as recited in claim 15, wherein said compound is a compound of formula I:



(I)

wherein:

R_1 is hydrogen, lower alkanoyl of from 1 to 6 carbon atoms or aroyl selected from benzoyl and naphthoyl;

R_2 is hydrogen, lower alkyl of from 1 to 6 carbon atoms or arylalkyl selected from benzyl, phenylethyl and phenylpropyl;

R_3 is hydrogen or lower alkyl of from 1 to 6 carbon atoms;

R_4 is hydrogen or lower alkyl of from 1 to 6 carbon atoms, or, where X is oxygen, R_4 together with R_5 can also be $-CH_2-O-$

X is a valency bond, $-CH_2-$, oxygen or sulfur;

Ar is phenyl, naphthyl, indanyl or tetrahydronaphthyl;

R_5 and R_6 are individually selected from hydrogen, fluorine, chlorine, bromine hydroxyl, lower alkyl of from 1 to 6 carbon atoms, a $-CONH_2$ group, lower alkoxy of from 1 to 6 carbon atoms, benzyloxy, lower alkylthio of from 1 to 6 carbon atoms and lower alkylsulphonyl of from 1 to 6 carbon atoms; or R_5 and R_6 together represent methylenedioxy;

or a pharmaceutically acceptable salt thereof.

19. A method as recited in claim 18, further comprising administering to said patient at least one other therapeutic agent selected from the group consisting of angiotensin converting enzyme inhibitors, diuretics and cardiac glycosides.

20. A method as recited in claim 15, wherein said compound is carvedilol.

21. A method as recited in claim 17, wherein said compound is carvedilol.

22. A method as recited in claim 15, wherein said step of administering comprises administering to said patient unit dosages once or twice daily, for a period of from 7 to 28 days, said unit dosages each comprising a pharmaceutical formulation comprising carvedilol in an amount of

about 3.125 mg or about 6.25 mg.

23. A method as recited in claim 15, wherein said step of administering comprises administering to said patient unit dosages once or twice daily, for a period of from 7 to 28 days, said unit dosages each comprising a pharmaceutical formulation comprising about 12.5 mg of carvedilol.

24. A method as recited in claim 15, wherein said step of administering comprises administering to said patient unit dosages once or twice daily, each said unit dosage comprising a pharmaceutical formulation comprising carvedilol in an amount of about 25.0 mg or about 50.0 mg.

25. A method as recited in claim 15, wherein said step of administering comprises administering to said patient daily dosages of said compound in an amount of from about 1.0 mg to about 30.0 mg.

26. A method as recited in claim 15, wherein said step of administering comprises administering to said patient daily dosages of said compound in an amount of from about 2.0 mg to about 70.0 mg.

27. A method as recited in claim 15, wherein said step of administering comprises administering to said patient daily dosages of said compound in an amount of from about 10.0 mg to about 100.0 mg.

28. A method as recited in claim 17, wherein said angiotensin converting enzyme inhibitor is selected from the group consisting of captopril, lisinopril, fosinopril, enalapril and pharmaceutically acceptable salts of captopril, lisinopril, fosinopril and enalapril.

29. A method as recited in claim 17, wherein said diuretic is selected from the group consisting of hydrochlorothiazide, torasemide, furosemide, and pharmaceutically acceptable salts of hydrochlorothiazide, torasemide and furosemide.

30. A method as recited in claim 17, wherein said cardiac glycoside is selected from the group consisting of digoxin, β-methyl-digoxin and digitoxin.

31. A method of treating congestive heart failure in a patient in need of such treatment, said method comprising administering to said patient first dosages once or twice daily, for a period of from 7 to 28 days, said first dosages each comprising a pharmaceutical formulation comprising carvedilol in an amount of about 3.125 mg or about 6.25 mg,

then administering to said patient second dosages once or twice daily, for a period of from 7 to 28 days, said second dosages each comprising a pharmaceutical formulation comprising carvedilol in an amount of about 12.5 mg, and

then administering to said patient third dosages once or twice daily, for a period of at least one day, said third dosages each comprising a pharmaceutical formulation comprising carvedilol in an amount of about 25.0 mg or about 50.0 mg.

32. A method as recited in claim 31, wherein at least one of said first, second and third dosages further comprise at least one other therapeutic agent selected from the group consisting of angiotensin converting enzyme inhibitors, diuretics and cardiac glycosides.

33. A method of treating congestive heart failure in a patient in need of such treatment, said method comprising:

administering to said patient first dosages daily for a period of from 7 to 28 days, said first dosages each comprising at least one pharmaceutical formulation comprising a compound which is both a β-adrenoreceptor antagonist and a α_1-adrenoreceptor antagonist,

then administering to said patient second dosages daily for a period of from 7 to 28 days, said second dosages each comprising at least one pharmaceutical formulation comprising a compound which is both a β-adrenoreceptor antagonist and a α_1-adrenoreceptor antagonist, once a day for a period of from 7 to 28 days, and

then administering to said patient third dosages daily for a period of at least one day, said third dosages each comprising at least one pharmaceutical formulation comprising a compound which is both a β-adrenoreceptor antagonist and a α_1-adrenoreceptor antagonist, said third dosages each comprising a daily maintenance dose in the range of from about 10 mg to about 100 mg of the compound,

said first dosages each comprising the compound which is both a β-adrenoreceptor antagonist and a α_1-adrenoreceptor antagonist in an amount which is 10-30% of said daily maintenance dose,

said second dosages each comprising the compound which is both a β-adrenoreceptor antagonist and a α_1-adrenoreceptor antagonist in an amount which is 20-70% of said daily

maintenance dose.

34. A unit dosage oral pharmaceutical formulation comprising 1.0 - 10.0 mg carvedilol.

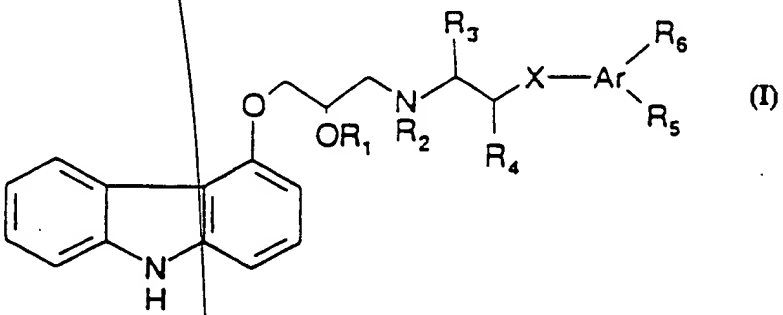
35. A unit dosage oral pharmaceutical formulation as recited in claim 34, wherein said formulation comprises 2.5 - 7.5 mg carvedilol.

36. A pharmaceutical formulation comprising:

a congestive heart failure treating effective amount of a compound which is both a β-adrenoreceptor antagonist and a α_1-adrenoreceptor antagonist for decreasing mortality; and

at least one other therapeutic agent selected from the group consisting of angiotensin converting enzyme inhibitors, diuretics and cardiac glycosides.

37. A pharmaceutical formulation as recited in claim 36, wherein said compound is a compound according to formula I:



(I)

wherein:

R_1 is hydrogen, lower alkanoyl of from 1 to 6 carbon atoms or aroyl selected from benzoyl and naphthoyl;

R_2 is hydrogen, lower alkyl of from 1 to 6 carbon atoms or arylalkyl selected from benzyl, phenylethyl and phenylpropyl;

R_3 is hydrogen or lower alkyl of from 1 to 6 carbon atoms;

R_4 is hydrogen or lower alkyl of from 1 to 6 carbon atoms, or, where X is oxygen, R_4 together with R_5 can also be $-CH_2-O-$

X is a valency bond, $-CH_2-$, oxygen or sulfur;

Ar is phenyl, naphthyl, indanyl or tetrahydronaphthyl;

R_5 and R_6 are individually selected from hydrogen, fluorine, chlorine, bromine hydroxyl, lower alkyl of from 1 to 6 carbon atoms, a $-CONH_2$ group, lower alkoxy of from 1 to 6 carbon atoms, benzyloxy, lower alkylthio of from 1 to 6 carbon atoms and lower alkylsulphonyl of from 1 to 6 carbon atoms; or R_5 and R_6 together represent methylenedioxy;

or a pharmaceutically acceptable salt thereof.

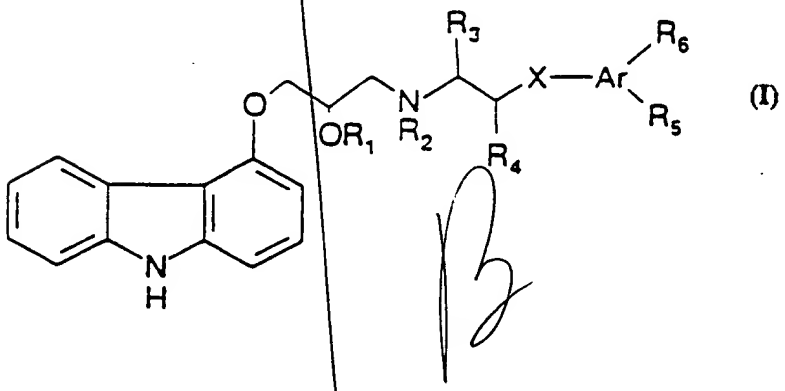
38. A pharmaceutical formulation as recited in claim 36, wherein said compound is carvedilol.

39. A kit comprising:

unit dosages of a congestive heart failure treating effective amount of a compound which is both a β-adrenoreceptor antagonist and a α_1-adrenoreceptor antagonist for decreasing mortality; and

unit dosages of at least one other therapeutic agent selected from the group consisting of angiotensin converting enzyme inhibitors, diuretics and cardiac glycosides.

40. A kit as recited in claim 39, wherein said compound is a compound according to formula I:



(I)

wherein:

R_1 is hydrogen, lower alkanoyl of from 1 to 6 carbon atoms or aroyl selected from benzoyl and naphthoyl;

R_2 is hydrogen, lower alkyl of from 1 to 6 carbon atoms or arylalkyl selected from benzyl, phenylethyl and phenylpropyl;

R_3 is hydrogen or lower alkyl of from 1 to 6 carbon atoms;

R_4 is hydrogen or lower alkyl of from 1 to 6 carbon atoms, or, where X is oxygen, R_4